

"Surf's up in Surf City USA®"...and Surf City means more to this community than just a catchy marketing phrase.....so just what is it about surfing? This community has undoubtedly embraced it as our community sport....but why? Let's begin with the physical...Surfing is a great cardiovascular exercise that provides a great core and upper body workout. And once you catch that wave, your heart really begins pumping. But the benefits of surfing are much more than physical – extended exercise leads to the release of endorphins which improve mood and state of mind. Surfing promotes a connection to nature and a love for the ocean. It teaches us to live in the moment and to let go of things beyond our control. And the love affair with the surf motivates surfers of all ages to be active throughout their lives

Janeen Laudenback  
*Director of Community Services*



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### CITY COUNCIL

Jill Hardy, *Mayor*  
Jim Katapodis, *Mayor Pro Tem*  
Dave Sullivan  
Barbara Delgleize  
Billy O'Connell  
Erik Peterson  
Mike Posey

### COMMUNITY SERVICES COMMISSION

Paul Burkart	Roy Miller
Michael Couey	Jerry Moffat
Roger Forest	Juana Mueller
Albert Gasparian	Shay Reardon
Bridget Kaub	Richard Thiel
Jay Kreitz	Norm Westwell
J.D. Miles	

### CITY ADMINISTRATION

Fred A. Wilson, *City Manager*  
Ken Domer, *Assistant City Manager*

### MISSION STATEMENT

The City of Huntington Beach Community Services Department provides outstanding programs, services and facilities to enhance and enrich the lives of our residents and visitors.

Registration Begins March 3 at 9 a.m.

See Page 3 for information.

[www.hbsands.org](http://www.hbsands.org)